

## SPOOKED SHEEN'S TWITTER **TIRADE ALARMS** EX-WIFE {page 17}





Thursday, March 31, 2011 www.metronews.ca





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## Creatures of all stripes greet spring

Warmer weather meant yesterday was a perfect day for a mini carnival in Churchill Square. Children of all ages came out during their spring break to enjoy plinko, ring toss, jelly bean counting, life-sized board games and colourful characters.

## Catch me if you can

Clearing the way for a safe spring thaw (page 3)

## **Food fresh** from the farm

Eat Local First plans to offer city-wide delivery (page 6)

## 'I liked it,' **Twitchell** confided

• Facebook friend testifies that accused killer told her he 'crossed the line' • Court hears Twitchell gave her homicide tips that mirror diary found in deleted files

says he told her he had "crossed the line" four days after a man was bludgeoned to

death in a garage.

Mark Twitchell, 31, is accused of killing Johnny Altinger, 38, on Oct. 10, 2008, chopping up the body, burning it and disposing of the remains in a sewer.

Renee Waring told Twitchell's firstdegree murder trial yesterday that he sent her a message on Oct. 14.

"This weekend I made the rounds to two Thanksgiving events and I also had something else keeping me busy," he wrote. "But I'm really concerned about telling anyone because of the implications.

Suffice it to say that I crossed the line on Friday and I liked it.'

Waring also testified that the two had been exchanging messages and emails that included "dark thoughts" and "dark fantasies.'

She said Twitchell was using the name of TV serial killer Dexter Morgan when the two met on Facebook.

Twitchell admitted in court through

his lawyer that he shared tips with Waring about how to kill someone and cut up a body.

Waring testified that she told Twitchell she wanted to kill her former husband's new wife, chop her into pieces and draw little circles with her blood.

Twitchell replied with gruesome advice on how to kill and dispose of a corpse without leaving a lot of blood.
THE CANADIAN PRESS

## **The Dexter connection**

- "If you really want to make this happen and get away with it, prepare a kill room, the same way Dex does. Wall-to-wall
- plastic sheeting," Twitchell wrote. He went on to advise Waring, who was also a fan of the Dexter TV show, to get a stun gun to immobilize her victim, get plenty of hefty garbage bags for the body parts, remove the teeth to make it difficult to identify the corpse and then burn the remains, she said.



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## Permit likely for troubled zoo: SRD

A recently embattled Alberta roadside zoo could soon catch a break as the date for their permit renewal nears.

The provincial government's Sustainable Resource Development (SRD) must decide by April 1 if they will renew permits for zoos across Alberta.

SRD spokesperson Dave Ealey said a decision has not yet been made regarding Guzoo — an animal attraction in Three Hills but said granting a permit renewal is the only way to continue overseeing the facility.

"The point is, we retain authority over the facility through the permitting process," said Ealey. "We have the legal authority to place conditions that should be addressed under that authority and that's an important part of us being the regulator here."

Activist and co-founder of Concerned Albertans for Animal Welfare and Public Safety Lauren Johnston said she doesn't buy SRD's reasoning for the potential permit renewal.

"The permit has been renewed for decades," she said. "It would be an outrage to our over 30,000 petition signers and our 10,000 plus (Facebook) group followers. We would be heartbroken."

Multiple calls to the zoo's owner Lynn Gustafson were not returned. • KATIE TURNER





# City prepared for melting snow

Crews planned ahead following major snowfalls • All catch basins will be clear by end of the week: City



Spring has been a long time coming, and the city says it's more than pre-

Nearly all of the 60,000 catch basins in Edmonton have been cleared to allow for the free flow of water during the spring thaw.

And while the city is nearly done its part, it is asking residents to do theirs.

'Clear sidewalks means a clear path to the catch basin," said Leo Girard, the city's director of drainage operations.

Because of the massive amount of snow that fell on Edmonton this winter 60 centimetres in Ianuary alone - the city began clearing catch basins about a month ago

## For concerns

If residents see any excessive pooling of water on the street, or water flowing over curbs and onto private property, they should call 311.

And although flooding is unlikely, the city has some tips for homeowners to prevent the spring thaw from coming inside.

Eavestroughs and downspouts should be clear, and extensions to downspouts should be more than six feet away from the basement, said Derek Melmoth, director of drainage development services.

He added it's also key to ensure the lot is properly graded to make water flow away from the foun-





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## **News in brief**



## Violations shut down salon

SANITATION. Alberta Health Services has closed Shadified Salon after numerous sanitation violations were found — including allegations of aestheticians not washing their hands, and instruments being used without being disinfected between clients for manicures and pedicures.

Waxing equipment was also not cleaned properly or disinfected between use on different customers, said the health report.

The Edmonton salon has 10 days to appeal.

METRO

## H1N1 virus still circulating

DEATH. Of the seven confirmed cases of H1N1 so far this flu season, three have resulted in fatalities, according to health officials.

It's believed that those who died all had underlying health issues that were exacerbated by the flu.

Officials are encouraging people to get vaccinated before April, the end of flu season.

METRO

## Murder charges follow house fire

OCCUPANT. Charges have been laid against a 27year-old man following a house fire in Child Lake First Nation last weekend.

Ross Ashton Erwin Didzena is charged with second-degree murder of

one occupant.

Two bodies, which police are still trying to identify, were found in the charred home. 

METRO

## Minister pitches IDs for Alberta students

**○** Idea could provide better access to school facilities across province **○** Student groups want more information



Providing universal identification at Alberta post-secondary institutions could create big benefits for students, says the province's advanced education minister

Greg Weadick has pitched the idea of creating uniform identification cards that would allow students to access facilities—libraries, recreation and health centres—at other institutions—across—the province.

"It could be as open as the imagination and needs of students going forward," he said.

Weadick said his initiative would also create a databank with information



on all students that would make transferring from one institution to another more seamless.

Edmonton student representatives have been briefed on the idea; however, questions remain, said

Aden Murphy, vice-president external for the University of Alberta Students' Union.

"It's an interesting concept," he said. "We are interested but waiting to see what the hard benefit is for

## **Future of IDs**

- Campus. Weadick said his proposal will likely be discussed further at a Campus Alberta meeting in the fall.
- Future. Weadick said future versions of the universal identification could also incorporate a mobile barcode option.
- Scanning. The added feature would allow students to use smartphones to sign out books and perform other activities on various campuses.

students."

Alberta students are currently provided access to libraries outside their institution through a program called The Alberta Library, but Murphy said he is aware of some struggles regarding the process.



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## Virtual rehab tool lets patients gain ground

**◆** \$145-million Canadian-designed driver-training software is only one of its kind in province



Edmontonians looking to ease into the driver's seat after a stroke or injury will no longer have to practise their skills on country roads, thanks to a new driving simulator.

The technology wasn't available at the Glenrose Rehabilitation Hospital when Jannelle Meredith had a stroke while training for an Ironman Triathlon in 2009, but she said that using the simulator since then has helped renew her driving confidence for the real road.

"It gives you a real feeling for what actual driving

is like," said Meredith, 37, adding that getting her confidence back and being mindful of blindspots were key perks of using the Virage VS500M.

She has had her licence back for about six months and has resumed her triathlon training.

It may look like a game, but the unique tool helps users gain serious recovery ground by driving in a safe setting, said Jonathan Halton, an occupational therapist at Glenrose.

"Now we have a stepping stone," said Halton.
"We're looking at an actual car interior, so the car handling works exactly as it would.... The car sounds, moves and looks real, so

## Simulator specs

- Drivers get a 180-degree view via three screens, while the driving-platform effects deliver the feel of hitting potholes, shoulders or sidewalks and accelerating.
- ➤ The simulator is part of the Building Trades of Alberta Courage Centre (BTACC), and a stepping stone to the Glenrose's Driver Evaluation and Training Service.
- The Glenrose modified its Virage simulator so the seat can be removed to fit wheelchairs.

we're tricking the brain to think this is a real car."

PLANNED DEMONSTRATION

## Anti-Israel event shut down

Staff at a Calgary high school, along with members of the local and national Jewish community, were forced to act quickly last week to halt a planned anti-Israel demonstration by students. Metro has learned members of the amnesty club at Western Canada High School had planned to hold a "mock

roadblock" event to protest what they perceive as Israeli oppression of the Palestinians. It would have been the

first demonstration of its kind at a high school in Western Canada, said Anita Bromberg, national director, legal affairs for Jewish advocacy and support group B'nai Brith Canada. Her organization became involved after hearing concerns from Jewish parents whose children attend the school.

"Those students would have felt very isolated and targeted for that matter." • JEREMY NOLAIS

## Bob Barker back in Lucy game

Animal lover Bob Barker joined Lucy the elephant's cause yesterday on BT Edmonton, lamenting getting "no co-operation from Mayor Mandel or that council."

Barker previously offered \$100,000 for a vet to treat and then move Lucy. This came a day after a judge questioned the 35year-old elephant being alone.

METRO



## 'We are trying to bring some balance back'

Eat Local First recently expanded to more postal codes
 Delivery should be available to all of city by year's end



Eat Local First, a company that delivers fresh food from neighbouring ranches and farms to your door, knows how you can support the city's economy: Buying and eating local.

"Every dollar that you spend with your grocery money actually has three times the economic impact in your town or your city, (as opposed to) if you spent it at a chain or multi-national," said Francene Brothers of Live Local Alberta.

Brothers said our food system is unbalanced and



that most small-scale producers have to work offfarm to support their operation.

"We are trying to bring some balance back," she Live Local started Eat Local First two summers

Customers can go online and browse 1,000 products from 70 producers across Alberta and order "everything from meats to sweets."

"Our goal is to have Edmonton-wide delivery," said Brothers. "We are pretty close — there's only a few postal codes left that aren't added (yet).

"We can have dramatic impact as citizens (on) how our food systems and how our economy works by shifting a small percentage of our income or our food spending to local food systems."



The second annual UDodge tournament was held at NAIT yesterday, bringing together youth, corporate community members and Edmonton police officers to learn from one another and have fun. Ten mixed teams of youth and adults took part, including members of the Boys and Girls Clubs of Edmonton, Crystal Kids, REACH Edmonton and SOS Children's Magazine, just to name a few.

## Quebecor chairman, Katz talk hockey

The head of media giant Quebecor, Pierre Karl Peladeau, was a guest of the Edmonton Oilers Tuesday, discussing small-market hockey teams with owner Daryl Katz.

Martin Tremblay of Quebecor said the two spoke about the return of a team to Quebec City, similarities between the cities and new arenas.

But TSN's Pierre McGuire told a Montreal radio station yesterday he wouldn't be surprised if negotiations began to move the Oilers to Quebec should Katz not get a new arena.

More details on the proposed project will be released today. • METRO

2 This was the second meeting between Oilers and Quebec officials. The funding of an arena was reportedly a topic of discussion back in December.

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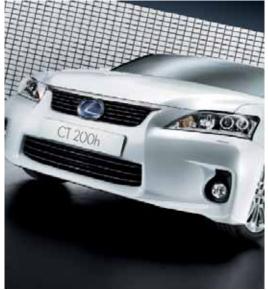
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## Thanks, Edmonton - you've made us a winner

Allewe

readership numbers hold steady, Metro Edmonton continues to grow, according to results released yesterday by the Newspaper Audience Databank (NADbank).

Metro Edmonton now reaches 67,400 daily and 183,100 weekly readers throughout the greater Edmonton area.

In comparison to NADbank 2009 results, this represents an increase of 14,400, or 27 per cent, daily readers and 44,900, or 32 per cent, weekly readers.

"The strong growth experienced by Metro Edmonton over the past couple of years has been nothing short of spectacular," said Steve Shrout, publisher for Metro Edmonton.

"This latest survey's results tell us that we deliver the news that Edmontonians are looking for — relevant local copy as an integral part of a national brand."

METRO

# PM says he's right about the cost of F-35s

Stephen Harper stands by his cost estimate for the F-35 stealth fighters.

The prime minister made the declaration yesterday, even though the Pentagon's latest estimate for the version of the fighter jet Canada intends to buy is double what the Tories have projected.

The Defence Department has said it will pay between \$70 million and \$75 million US for each aircraft, a figure the parliamentary budget officer has disputed.

The U.S. Government Accountability Office this month pegged the cost between \$110 million and \$115 million per plane.

Harper says there are cost increases in the U.S. program that have no impact on Canada and he's confident about the numbers he has been given.

Canada's CF-18 fighter jets, which the F-35 is meant to replace, will soon reach the end of their service life, he warned.

"All of the information we have from our aerospace industry, from our National Defence officials is that these costs are well within our estimates and well on track."

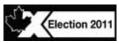
THE CANADIAN PRESS

# Angry May warns she'll go to court



• Green party leader 'shocked' she is shut out of leaders' debate





Federal Green party Leader Elizabeth May is determined to have her way.

Whether by stirring up public outrage or taking action through the courts, May is challenging headon the television networks that shut her out of an upcoming leaders' debate.

"The airwaves are not the private domain of the media consortium," May said at a news conference in Vancouver.

"I'm shocked by this decision."

The B.C. Saanich-Gulf Islands candidate is hoping a public outcry will be

"It's antidemocratic. Almost one million people voted for us in the last election."

I IZADETU MAV

enough to have broadcasters change their minds.

But she says she's willing to take her fight into a courtroom if she has to. "What's at stake here are not the fortunes of the Green party, but whether Canada has a full, healthy modern democracy," May said.

"We're seeing a groundswell but if we have to we can get to court on an emergency basis to get a ruling before the debate takes place," said May.

"If we don't see a reversal, we will be forced to go to court."

## Iggy: We'll hike pensions, banish fear

The Liberals are promising measures to boost pensions and help Canadians save for retirement.

Michael Ignatieff announced the plan yesterday in Vancouver, where he sought to contrast what he called Stephen Harper's fear-mongering with his own message of "hope."

"Mr. Harper is running this campaign on fear," Ignatieff said.

He added: "One of the things Canadians are

frightened of is, 'Will I have enough money to retire on in decency?'"

Ignatieff says the Liberals will work with the provinces to expand Canada Pension Plan benefits.

He's also promising a THE

voluntary supplement to the CPP called the Secure Retirement Option that would let people save an extra five to 10 per cent of their pay in a CPP-backed fund.

THE CANADIAN PRESS



## Gadhafi makes gains despite western strikes

• Ground forces take strategic oil town from rebels Libya's troops adopt new evasion tactics, officials say

Moammar ground forces recaptured a strategic oil town yesterday and moved within striking distance of another major eastern city, nearly reversing the gains rebels made international airstrikes began.

Rebels pleaded for more help, while a U.S. official said government forces are making themselves harder to target by using civilian "battle wagons" with makeshift armaments instead of tanks.

Western powers kept up the pressure to force Gadhafi out with new airstrikes in other parts of Libya, hints that they may arm the opposition and intense

## Flight or fight Diplomats tried to

persuade Moammar Gadhafi to leave without military force.

- Uganda appeared to be the first country to publicly offer Gadhafi refuge. A spokesman for Uganda's president told The Associated Press that he would be welcome there.
- Libyan Foreign Minister Moussa Koussa left Tunisia for London after a two-day visit shrouded in secrecy. The report did not say why, and a British official said the report was "the first I've heard of it."

negotiations behind the scenes to find a country to give haven to Libya's leader of more than 40 years.

Airstrikes have neutralized Gadhafi's air force and pounded his army, but his ground forces remain far better armed, trained and organized than the opposi-

Gadhafi's forces also have adopted a new tactic in light of the pounding airstrikes - leaving behind tanks and armoured vehicles in favour of a "gaggle" of "battle wagons": Mini-vans, sedans and SUVs fitted with weapons, a senior U.S. intelligence official said

THE ASSOCIATED PRESS

## **Blood donor** rules change due to mad cow variant

Canadian Blood Services says it will begin excluding potential blood donors if they spent a total of six months or more in Saudi Arabia between 1980 and 1996.

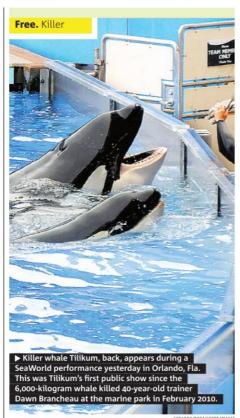
It decided on the new policy after a probable case of variant Creutzfeldtlakob disease - the human form of mad cow disease — turned up in a Canadian resident who lived in Saudi Arabia between 1980 and 1996.

A question about time spent in Saudi Arabia will be added to the blood donor questionnaire. Officials say it's

believed the probable case of vCJD was most likely acquired from imported British beef during that time period.

THE CANADIAN PRESS

Currently, people may not donate blood or plasma if they spent a cumulative total of three months or more in the U.K. or France between 1980 and 1996



## Tilikum swims again

The killer whale that drowned a trainer last year at SeaWorld in Orlando is performing for the first time since the death. SeaWorld officials said Tilikum participated in the marine park's Believe show yesterday morning. Trainers remained out of the pool before a 5,000-person crowd at Shamu Stadium.

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## **HMV Canada** fine-tuning its stores

• Redesigned chain to include more listening stations, interactive features • Battling digital download sites

HMV Canada is getting a facelift to lure new business as the company's British owner considers selling off its 125 Canadian

The redesigned locations will sell a wider variety of products such as T-shirts. video games and headphones, and will have new fixtures and colour schemes. The first two remodelled stores will open in the Toronto area at the end of next month.

HMV Canada president Nick Williams says the stores will offer more opportunities for customers to try out products before they buy.

"We will start to bring in

more interactive guest environments, and the video game section allows us to do that quite positively," Williams said, adding that the company will expand its music-listening stations to allow customers to test headphones available for purchase.

"There aren't many retailers that do that. Most of them just sell it off a peg,' he said.

The company is also continuing to expand its non-music-related prod-ucts to generate different sources of income and appeal to a broader group of customers.

The British parent is struggling with more than



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\$200 million in debt as a result of increased competition from digital download websites. THE CANADIAN PRESS



## Caught with their pants down

You could say they hold no brief with cancer: More than 350 business leaders dropped their drawers for the cure last night at the second annual Pants Off for Prostate Cancer Canada. The innovative fundraiser, sponsored in part by Presenting Media Sponsor Metro Canada, was held at Toronto's Burroughes Building. One in six Canadian men will be diagnosed with the disease, and that number is expected to rise to one in four. Prostate Cancer Canada raises funds for awareness and education programs as well as advocacy and support of those affected, and research into prevention, detection and treatment of prostate cancer. The ultimate goal is a cure. For more information, go to prostatecancer.ca.





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## Mobilicity Stores

## IT'S NO LONGER A TAXING SITUATION



I've decided that from now on I will embrace tax time.

f I get stuck on a convoluted tax form filled with Rumsfeldian unknown unknowns, I will accept it as a moment of Zen, staring into an emptiness I cannot begin to understand.

If the government sends me a message that my taxes were completed incorrectly, I will welcome it as the annual tradition it is - a family postcard from Big Brother.

And if I get audited, then I shall enjoy the warm childhood memories of being curled up in the fetal position.

Taxes are all about how you look at them. I have thought on multiple occasions that, though death and taxes are two sure things in life, at least death only happens once.

But, as tax season begins, I have revised my opinion, as can be seen on schedule T1-ADJ T1

Adjustment Request Form, which is attached to your copy of Metro.

I am filing my change of heart under "If you can't beat them, join them" because, like most people, I can't actually improve my tax experience because I don't understand my tax experience.

I fill out the boxes and get a response, yes, but it doesn't mean anything to me. I might as well

be shaking a Revenue Canada 8ball that says, "All signs point to amount owing.

Sure. I can use an accountant. but that's just

"Taxes are all about how you look at them. I have thought on multiple occasions that, though death and taxes are two sure things in life, at least death only happens once." is, "Huh?"

handing it off to a person who will give me ad-vice that I will pretend to understand. I will then respond with a thoughtful "Uh-huh" that I hope adequately dresses up my actual thought, which

I can't cheat on my taxes, ei-

ther. I've known people who would gladly write off condoms if they were sleeping their way to the top, but economic deception

has never been an option for me. I couldn't cheat on my taxes any more than I could cheat on an exam written in Sanskrit.

So all that's left is accepting my plight. I will think of my taxes in a positive light, because what other choice do I have? I see it this way now: I go into a tax office, I give a strange person papers that I don't understand, and in return that person usually gives me hundreds, sometimes thousands, of dollars in return.

Pretty sweet, right?

Right?

If this new approach doesn't work out for me, I'll be in the fetal position. It's my own choice



Read more of John Mazerolle's columns at metronews.ca/hesays

# Cartoon

## Feline's powerful purr

## Worth mentioning

A British community college has recorded a house cat named Smokey whose lawnmower-like purr hit 73 decibels, which is 16 times louder than the average feline.

Northampton College in central England said vesterday it received a request from Smokey's owner, Ruth Adams, to provide the equipment needed to file a worldrecord application.

The college agreed, dispatching a team with special sound equipment to record Smokey purring in the comfort of Adams' home in the nearby village of Pitsford, about 110 kilometres northwest



of London.

The 12-year-old greyand-white tabby has already made several me-dia appearances, with journalists comparing the purr to the sound of a Boeing 747 from a mile away. A video posted to the cat's website made it sound more like the cooing of an

angry dove.
The recording has now

been submitted to Guinness World Records for vetting. Guinness World Records spokeswoman Amarilis Whitty said she was "anxiously waiting" for the recording to see if it meets the group's standards.

See Smokey's website at smokeythepurring cat.com.

THE ASSOCIATED PRESS

What odd things can your pet do?

**Email** edmontonletters @metronews.ca Twitter @metroedmonton

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## **Metro Minute** at Boobfest party

As a fun way to raise money for the Alberta Cancer Foundation, a Boobfest party will be held at D'Lish Urban Kitchen & Wine Bar in support of the Weekend To End Women's Cancers. The evening starts at 5 p.m. and will also be joining the official boobfest.ca Twitter party. Partygoers will dress up in pink for a night of cocktails, food and prizes. Tickets are \$25 and include a drink and snacks. All proceeds will go to the Alberta Cancer Foundation and The Weekend To End Women's Cancers. Two local women. Natasha of Natural Urban Mamas and Connie of Modern Mama, started the event after being inspired by the original Boobfest in





metr

scene

metronews.ca

13

# Cockburn comes to town

**○** Legendary Canadian musician hits Edmonton on his North American Tour **○** Hall of famer blends folk, jazz and rock into his own unique sound



## BACKSTAGE PASS

JENNIFER LARAWAY



From upand-coming artists to recording veterans, it seems Edmonton has

t all this week when it comes to the music scene. Bruce Cockburn is in town promoting his 31st album.

Edmonton is just one of the many stops on this acclaimed North American tour that kicked off March 24 in Kelowna, B.C., and ends June 4 in Seattle. Joining Cockburn on this tour is violinist Jenny Scheinman and percussionist Gary Craig, who are both prominently featured on the new

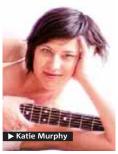
When you think about all the time it takes to create, produce, and market each song and album, it's safe to say this guy has spent a lifetime in the recording studio. His hard work has paid off too. Cockburn has 13 Junos under his belt. Something insanely successful and popular

Canadian singing sensation Drake has yet to pull off.

He's also been inducted into the Canadian Music Hall of Fame and was officially recognised by the Governor General with a Performing Arts Award. If all these distinctions aren't ringing a bell, then his classic songs are sure to bring back all kinds of childhood memories.

Grab an iTunes sample of Wondering Where the Lions Are or Lovers in a Dangerous Time. At the very least, you'll score some points with the parents with these Canadian classics. Cockburn's latest release entitled Small Source of Comfort blends folk, jazz, and rock to produce a unique collection of songs that cover everything from romance and spiritual discovery to protests. You can get a taste of the new album when Cockburn comes to Edmonton tomorrow.

His show is part of the Winspear Presents: Discover Your World at Winspear series. Tickets start at just \$42 and are available from the box office (#4 Sir Winston Churchill Square) or online at WinspearCentre.com.



## Separation leads to musical inspiration

What happens when you blend folk and pop? You get Katie Murphy's new work of art: the album Exes & Uh Ohs. Based on her own transitionary experiences, the lyrics give insight to common experiences that aren't often talked about.

"We didn't make the transition from young lovers into a family well," says Murphy when speaking of her significant other. "Luckily, we found each other again."

Most of the songs were written while Katie and her husband took a one-year hiatus from their relationship. The album catalogues that troubling year of navigating life with two young children, while following separate paths.

separate paths. Murphy boldly serenades her growing pains, which shows how much she's evolved since her last album. The incredibly powerful, upbeat music stands in contrast to the heavy subject of the lyrics. The result is a powerful record you can proudly belt your heart out to while stuck in traffic.

Tonight you can see Murphy perform at The Haven Social Club (15120 A Stony Plain Rd.). Show starts at 8 p.m. and admission is only \$10. For more information including other Alberta stops, visit soundstrategymusic ca

JENNIFER LARAWAY



## Scene in brief



After 12 years playing sultry screen vixen Samantha Jones on Sex and the City, Kim Cattrall says she's "letting it all hang out" in her new role as a has-been porn star.

Cattrall gained 20 pounds for the title role in the indie film Meet Monica Velour, about a washed up, aging porn star living in a rural Indiana trailer park

trailer park.
"It was actually kind of a
relief," the 54year-old actress
said Tuesday in
an interview. "It
was like getting
rid of the Barbie
doll and throwing it out and
starting again."
She said packing on the
pounds for Monica Velour was
her fist break
from dieting in
25 years and was
"wonderful."
THE ASSOCIATED PRESS

## **Prosecutors drop battery charges against Lohan**

Lindsay Lohan has one less legal worry after prosecutors announced Tuesday that they would not pursue any charges against her over a December scuffle with a rehab worker.

Riverside County District Attorney's spokesman John Hall said prosecutors determined there was insufficient evidence to pursue a misdemeanour battery case against the actress.

Police were called to a Betty Ford Center facility in Palm Desert around 1 a.m. on Dec. 12 after a worker accused Lohan of hurting her during an altercation. The worker, Dawn Holland, later spoke about the incident on camera with TMZ and was fired by Betty Ford for violating patient confidentiality rules.

Lohan was nearing the end of her three-month court-ordered treatment at



the centre after violating her probation on a 2007 drupken driving case

drunken driving case.
Prosecutors had sought further investigation from police agencies that responded to the call, but ultimately found there was not enough evidence to file charges.

The Mean Girls star faces a far more serious case in Los Angeles, where she is accused of felony grand theft after a jewelry store claimed she took a \$2,500 necklace without permission. Lohan has pleaded not

Lohan has pleaded not guilty and her attorney has said she is innocent. The actress last week rejected a plea deal that included guaranteed jail time and is due in court on April 22 for a preliminary hearing during which prosecutors will lay out some of their evidence against the starlet.

THE ASSOCIATED PRESS







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## Camelot's would-be queen

Eva Green enjoys playing a woman who knows what she wants

va Green loves playing even dangerous strong, women.

On the new Starz series Camelot, Green treats her-self big-time — and makes the most of it.

There she is, as Morgan, in the series' opening scene, fiercely facing down

Nobody beats GNC prices!

King Uther, the father Morgan believes has betrayed her. Drawing on her sorcery skills, she soon will arrange the king's sudden death She means to succeed him on the throne. And when Uther's unknown son Arthur, emerges to claim the crown, Morgan declares

100%

Whey

war on her half brother as well as the wizard Merlin, Arthur's mysterious men-

"This castle and realm should be mine," she pro-

Camelot, a Canada-U.S.-U.K. co-production, premieres this week on the Starz network in the U.S. (It will be seen in Canada in the fall on CBC.)

It stars heartthrob Jamie Campbell Bower (the Twilight and Harry Potter film sagas) as Arthur, a carefree, impetuous young man who was raised from infancy as a commoner and is as surprised as anyone to learn his destiny: to lead Britain from a dark, troubled present into a bright, hope-filled tomorrow.

Joseph Fiennes (Shakespeare in Love, the TV series FlashForward) is Merlin, who has foreseen the legend of Arthur and aims to see it come to pass.

But Merlin and Arthur will have their hands full with Morgan as their rival.

"This pretender who wears my father's robes, I shall gouge his eyes," seethes Morgan just before first meeting Arthur, whom she mocks as if he were a child.

"I was worried at the beginning that she is evil and that's it," says Green, as she laughs at Morgan's confrontational style. "But she's a very rich character. And she wants to be a great queen. She believes in equality between men and women. She celebrates sexuality, nature, life.

"And the relationship between Morgan and Arthur will evolve. She hates him at the begin-ning. But her head is telling her, 'I hate him,' while her heart is telling her otherwise."

"I like extreme, intense roles. There's always something wrong with my characters."

The 30-year-old Green, who was born in Paris to a dentist father and actress mother, Marlene Jobert, is perhaps best known for her 2006 role as tough-and-dishy "Bond Girl Vesper Lynd in Casino Royale, op-

posite Daniel Craig. Her screen debut was four years earlier in Bernar-Bertolucci's sexually graphic The Dreamers, and she starred in Ridley Scott's Kingdom of Heaven alongside Orlando Bloom, Jeremy Irons and Liam Neeson.

In the 2009 drama Cracks, just released on DVD, Green plays the enigmatic diving instructor at a 1930s girls school.

"It's the movie I'm the most proud of. It's about obsession," she says with a satisfied smile. "And I play such a cuckoo character.

But her taste for edgy performances sometimes puts her at odds with the people around her, she

"They tell me, 'Play a princess! You have to play a princess soon,' by which they mean (she explains), nice and smiling and 'I love

She confides to being plagued in her youth by a lack of confidence. Does she feel secure now, in adulthood as a prospering actress?

"Oh, God! No!" she blanches. "In this business, she you have to be strong and have your armour on.



\* Hot Buys offer valid March 24 to April 4, 2011. Offer is limited to quantity on hand. Lowest price guarantee is based on nationally advertised pricing. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items

## **TV** picks

## **Healing power** of music

SPECIAL. Get ready for Grey's Anatomy — the musical. Tonight's special episode has the cast breaking out into song after a "cataclysmic event" rattles the doctors of Seattle Grace. It's a Callie-heavy storyline with Sara Ramirez's character on the verge of a life-changing moment with Arizona. Songs featured include Grey's anthems Chasing Cars, How to Save a Life and The

Story. (CTV, ABC)

## Watch out for Mandel's mobs

SPECIAL TOO. More music erupts on the Howie Mandel show, Mobbed. This reality special is

said to combine Gleestyle musical numbers with flash mobs, hidden cameras and a surprise announcement for an unsuspecting target. In tonight's hour-long spectacle. Mandel and hundreds of strangers drum up over-the-top ways to propose, announce a pregnancy and deliver a job offer. (Fox) THE CANADIAN PRESS

## Sheen's tweets are scaring ex Richards

## Source says she has increased security after threatening tweets from ex Charlie Sheen

After ex-husband Charlie Sheen's angry tirade against her on Twitter, Denise Richards has reportedly upped the security at her home, according to Popeater.

"She wants [daughters] Sam and Lola to have normal lives, but after the recent threats and verbal attacks, she has increased her security," a source

says.
"When you are dealing with a mad man, it's better to be safe than sorry."

Sheen's over-the-top behaviour on Twitter reportedly has Richards worried.

"Denise has learned how to deal with the name-calling, but once you start tweeting pictures of yourself with knives and saying you wished someone would die it's a totally different game," the source says. Denise is no longer angry she's scared.





## **Aniston to direct part of** breast cancer anthology

Jennifer Aniston is stepping behind the camera to direct part of Project Five, an anthology of short films for Lifetime TV, according to Deadline Hollywood.

Demi Moore and Alicia Keys are also taking the

reigns for sections of the project, which addresses how breast cancer effects people's lives.

"Our hope with Project Five is to entertain, inform and inspire dialogue, research and prevention," Aniston says in a

to clothing.
"I have done everything

that I wanted to do and I

"We want these films to move people and empow-er those affected by breast cancer to stand tall through this challenge, which impacts all of our lives, no matter who we are." • metro

## charmed

During the final years of her life, Elizabeth Taylor struck up a close friendship with actor Colin Farrell — so close that, at her request, Farrell recited

week, according to Access Hollywood.

"How did we become

friends? You know, the old story of boy meets girl, and boy pesters girl with too many phone calls at inappropriate hours of the night, Farrell says of his friendship with Taylor. "I was just lucky enough to become her friend in the last year and a half. I adore her still."

like

## **Talking points**

## Baby #5 for **Federline**

PEOPLE. Fatherhood seems to suit Kevin Federline, as the former backup dancer is expecting a child with girlfriend Victoria Prince, according to People magazine. The baby will be his fifth. He had two children with exwife Britney Spears and another two with ex-girlfriend Shar Jackson, He and Prince have been dating since 2008, though there's no word if they plan on tying the knot metro

## Tour? What tour?

CONFUSION. Enrique Iglesias won't be joining Britney Spears on an upcoming tour despite her announcement that he would. Spears said Tuesday morning on ABC's Good Morning America that the pair would be hitting the road togeth-

Iglesias representative Gary Mantoosh said later in a statement that his client and Spears won't tour "despite initial reports based on formal discussions of the possible run." The statement says Iglesias "is

## **Celebrity tweets**



Bree Olson [ABree Olson I'd love to live

in a cottage in the woods. Deep in the country. To just have all the bare essentials and live off the land. Day



Samantha Ronson [Asamantha ronsonl i love when

the internet makes me a super hero- i was home at the same time i was at dinner. pix of me leaving dinner last night win. PROOF



**Jonah Hill** [@JonahHill] I have half as many followers as Alesus.

That is such bulls---. That guy hasn't been funny in



Steve Martin [@Steve MartinToGo] At last, it's

balmy in New York City. Almost 40 degrees Fahrenheit. Stripping down to T, shorts and flipflops. METRO

very sorry for the confusion this might have caused to anyone." It says the Latin singer respects Spears and is a fan of her work. THE ASSOCIATED PRESS

## Paris is happy with herself | Taylor

Paris Hilton, the woman who perfected the art of being famous for being famous, says she has met all

of her professional goals. The heiress-turned-TV star, who was in Mexico on Tuesday to promote a new line of shoes, says she doesn't fear being overshadowed by Kim Kar-dashian or any other reality show rival with her own fragrance, B-movies, sex tape and autobiography, all by age 30.

"There's so many people out there who try to imitate what I do but I am the original," Hilton said in an interview with The Associated Press. "There is nothing like me."

The socialite, who started her career as a model and has tried her hand in movies, fashion and singing, is currently shooting her latest reality TV show, "The World According to Paris," which will debut this spring on the Oxygen cable channel.

'The show's everything about my life, showing the business woman", Hilton

Hilton angrily dismissed

questions about whether her life is superficial.

"I thought we were talking about the shoes," she said.



## addition to a lucrative empire that lends her name to **Farrell** 17 lines of products from handbags and fragrances

a poem at her funeral last

As for the poem, Farrell admits it was a bit of a tongue-twister: "Elizabeth chose it. It was a tricky poem as well," Farrell says. "Even in passing she had me under the thumb, sweating bricks."





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# life

**Trend** 

of the

When you think

the perfect

about it, sleeveless

fashionable ladies

did, for a fresh look

cool as you ease into

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## The rebirth of Crazy

• Want to be famous? • Start by giving yourself an extreme makeover of Lady Gaga proportions

## KENYA HUNT LIFE@METRONEWS.CA TETRO WORLD NEWS

Last week, the Council of Designers an-Fashion nounced that it will give Lady Gaga the Fashion Icon Of the Year award at its annual ceremony, which is the fashion world's equivalent coats and jackets are transitional weather of the Oscars. The move was a final, ofsolution. Layer them over denim, as these

ficial endorsement, of sorts, on the moment pop culture fashion seems to be in that moment being a radiwild, crazy cally frankly, more interesting

It's old news for celebs to be cute and sexy (Britney

Spears) or cute and styley (Carrie Bradshaw.) We want it louder, shinier, spikier and weirder. Will the look make our jaw drop? Will it cause politically correct types to protest? No? Yawn, not interested. It's a new, foolproof formula that has replaced the add-honeycolored-hair-extensionsshiny-dress-and-stir

equation that worked so well for Britney, Beyoncé and Rihanna in their early days. But (ho!) even Beyoncé and Rihanna have gone to the Gaga side (what are you waiting for Brit?)

We look at the transformation of some of your favorite divas.





## **Lady Gaga**

Before: Just one of Gaga's many unmemorable en sembles pre-Nicola Formichetti, the stylist who helped make her faand other outfits that have gotten you talking.

After: Wonderfully weird in that Gaga way we've all come to love.

Let's go crazy

## **Katy Perry**

The kind of showy get-up that only Russell Brand could love.



## Nicki Minaj

The Bride of Frankenstein meets Roberto Cavalli. What's not to love?



## Rihanna

Rih Rih's is rocking a much more interesting, wild style than in the past.



## KeSha

Before the singer sported the same glam, rock look we've seen before. And now...there are no words.



## Pint-sized crazy: With Rihanna's team of stylists working for her, Willow

Smith has all of the sartorial tools for pop stardom.

Bubble has earned a huge following of readers who love her adventur ous style

Real life



crazy: Blog-ger Susie

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## Temp is rising, hemlines are not

## Spring's top fashion silhouette is long, languid and best pared with an optimistic attitude

The big trend for the season is longer lengths - belowthe-knee skirts, maxi dresses and flared-leg trousers. These flowing silhouettes bring with them well-deserved freedom from the multiple layers and heavy fabrics that were de rigueur over the course of a stormfilled winter. Consider the new shapes a breath of fresh air, says Patrick Robinson, creative director for Gap.

"When you come out of such a hard winter, I think people will be looking for soft, easy clothes that you can wear only in the spring. ... You want contrast," he says. "I always use clothes to tell me what time of year

The looser and more languid look also seems a commentary on shoppers' collective state of mind, too. Perhaps they are willing to give up the sleek, fitted armour they wore to do battle with the recession.

Retail sales were stronger in February than economists expected, with a 4.2 per cent increase, and

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that came off a similar intriangular shape with a pared-down top, you'll be crease in January and the best holiday seaready when it's bareleg weather for the skirts, pencil or pleatson since 2006. Robinson savs consumers had been ed, or even the maxi. looking for protec-(Imagine the opposite tion, but now they're effect of a strongshouldered jacket with looking for signs of opskinny pants, she says.) timism. "We've done the Marie sharp edges. ... Claire edi-We want tor-inchief the softer Joanna pieces Coles ready mind us of her new printed Prathe change in seasons da skirt that it's a trigger hits your for knee. mind. We which she'll pair want things that with crisp help white butfeel careton-down. free. miss it." but thinks any-The thing longer wide-cuff. long-leg pants are for many women an easier and

takes careful consideration and effort. "There are a lot of maxi dresses thev're easy for day-tonight dressing, but they're hard to wear to the office if it's conservative at all," Coles says. "A calf-length skirt is on trend, but it's not as flattering as knee-length. What you can't go wrong with is a The Gan's sexy boot trouser bottom that really flatters you. If wide-leg pants make you look three times wider than you are, don't wear them."

## D'lutchi fashion excels as a women's leading fashion boutique.

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## Up and down

## Keira Knightley

She revs up the sex factor in a skintight jumpsuit for Chanel's latest Coco Mademoiselle ad. Its director Joe Wright, who was also behind Atonement says, 'That's one of the things I love about my job; getting to dress up Keira."







al-

has

her

## **Kate Moss**

Coolest wedding ever? Kate Moss and boyfriend Jamie Hince are reportedly planning to marry in a Glaston-bury festival-style bash. Rumour has it they've asked The Rolling Stones, The Clash, Led Zeppelin and Kanve West to sing.





## Royal Wedding Fatigue (RWF)

Kate and Wills' wedding day hasn't arrived and we're already over it. Matthew Williamson is. too. "I don't know why everyone ... is waiting to see what she wears. I'm, like ... 'Get over it,'" he tells The Telegraph. Guess she's not wearing him

## Beautv pick

## CND Shellac

Just in time for spring, CND has added 12 new colours to its manicure range, Shellac. That's good news for all of us who were underwhelmed by the collection's initial limited colour offerings. The nail system promises, and impressively delivers, 14 days of chip-free wear. We tested the line out during fashion month and made it through 18 days of shows without a single nick. O KENYA HUNT

## CND

Go to cnd.com to find a Shellac salon near you.







## Housing industry gets it shine with awards

The housing industries' finest were celebrated at the 2011 Awards of Excellence in Housing on March 26 at the Shaw Conference Centre

The awards celebrate the creative design and craftsmanship of builders and renovators throughout the Capital Region, acknowledging the work, dedication and success of members of the Canadian success of Home Builders' Association — Edmonton Region.

Awards of Excellence in Housing - The Best &

## Single Family Awards

Best Single Family Without Attached Garage under \$224,999:

Sponsor: Canada Mortgage & Housing Corpora-

Winner: Encore Master Builder Inc.

Project: Bridgeport

Best Single Family Without attached Garage over \$225,000:

Sponsor: Carma Devel-

Winner: Daytona Homes Master Builder Project: Infiniti

• Best Single Family Bungalow/Bi-Level under \$249,999:

Sponsor: Cameron Homes Inc.

Winner: Sterling Homes 'Edmonton' Ltd. Project: Brantley

 Best Single Family Bungalow/Bi-Level \$250,000 - \$424,999:

Sponsor: MLC Group Inc. Winner: Perry Homes Inc.

Project: Integra

• Best Single Family Bungalow/Bi-Level \$425,000:

Sponsor: Totem Building Supplies Ltd.

Winner: Landmark Group of Builders

Project: The Tchaikovsky

• Best Single Family Two Storey/Split Level With at-Garage tached under \$239,999

Sponsor: Carma Devel-

opers LP Winner: Sterling Homes 'Edmonton' Ltd. Project: Trista

• Best Single Family Two Storey/Split Level With at-tached Garage \$240,000 -\$269,999:

Sponsor: RBC Royal Bank Winner: Sterling Homes 'Edmonton' Ltd. Project: Tyler 2

• Best Single Family Two Storey/Split Level With attached Garage \$270,000 -\$299,999

Sponsor: Stel-Marr Concrete Ltd Winner: Sterling Homes

'Edmonton' Ltd. Project: Tyndall

Best Single Family Two/Storey/Split Level With attached Garage \$300,000 -\$329,999

Sponsor: Lafarge Canada Inc.

Winner: Pacesetter Homes Ltd.

Project: Madison E.

Like freshly washed laundry on the line on a sunny day, this season's white

decor is a welcome sight. Just when we're ready to fling open the windows, shake out rugs and scrub the memory of winter away, stores are responding by stocking tabletop accessories, throw pillows, furniture and more in crisp and creams.

A few white accents make an enormous difference, so you don't have to spend a lot on this update.

Change out dark lamp-shades and replace jeweltoned throws for nubby vanilla ones.

Store away the heavy window treatments and put up snowy voile curtains or sleek white blinds.

Give the room trim a coat of bright white. Pull off winter's heavier slipcovers and rugs, and substitute white canvas and cotton.

welcome

White is

You'll see your rooms 'open up" as the light values change. Plus everything just looks cleaner, and isn't that what spring is all about?

Inexpensive vessels, serve ware and baskets are a great way to add some white touches; use them as countertop fruit and snack containers, key and wallet holders, and magazine drops. Homegoods has a pretty laser-cut side table. White ceramics include a cutout, deco-style lamp and an elegant textured vase, and there are several painted wooden candlesticks that would look great with sleek white or candy box coloured tapers.

Gift retailer Two's Company offers the Victoria collection of lacy, pierced-edge porcelain plates threaded

La Vie en Blanc artichoke sculptures are elegant, as are ceramic tabletop nautilus shells and Reef coral. all rendered in wonderful milky white.

Update a room's furniture for the season with Cost Plus World Market's new Luxe upholstered club chair. The chair and a tightfitting, ivory cotton, machine-washable slipcover are each under \$150. A couple of these replacing darker chairs in a sitting room or master bedroom would brighten things up quite effectively.

Comfy-underfoot white shag rugs made of washable cotton jersey can be found at Crate & Barrel in various sizes. Pair with a fluffy Lupe pillow and either the Coral or Sea Urchin lamp for white-on-white texture that makes a room pop. And if



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## alleber 1 Baldar

can handle it, consider the retailer's Ian collection of boutique-hotel-inspired pieces in a luscious white leather as soft as whipped cream. West Elm has little

cutwork porcelain tea-light holders, and larger perforatall would ed hurricanes look wonderful lit from within on a warm spring evening. Find here also a whimsical chandelier crafted of wire and creamy coconut straps; resembling a little hula skirt, this could be just the right hint of coming summer for the winter-weary.
THE ASSOCIATED PRESS



White deco cut-out lamp courtesy of HomeGoods.

## 2 TABLE

White laser-cut side table courtesy of HomeGoods.



Lupe pillow, courtesy of Crate and Barrel.

## 4 SCULPTURES

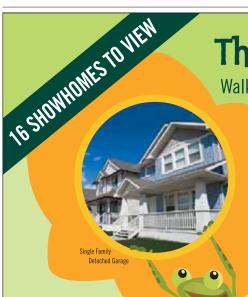
La Vie en Blanc artichoke





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## Townhomes from the \$260's

AviUrban 780.410.2060 Landmark Communities 780.702.3124 Park Homes 780.701.5616

## Single Family Detached Garage from the Mid \$300's

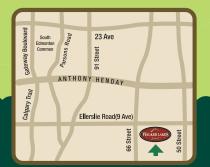
Lincolnberg Homes 780.472.8144 Landmark Legacy Homes 780.702.8939

## **Duplex from** the Mid \$300's

Greenboro Homes 780.702.6193 Lincolnberg Homes 780.995.8842 780.756.6029 **Sterling Homes** 

## Single Family Homes from the \$350's

**Cameron Homes** 780.297.9486 Greenboro Homes 780.702.6193 780.634.1129 Lincolnberg Homes 780.756.0723 Sterling Homes Pacesetter Homes 780.756.6302





www.walkerlakes-station.com



## Brown thumb? No problem, you can always replant if there's a mistake

Gardening is a forgiving hobby. You can always right any wrongs next growing

The best way to prevent problems, though, is with good planning.

Designing from the top of your head may work, but things most likely will work better if you write it down and do a simple drawing," said Jack Mckinnon, a garden coach from San Francisco. "Think before you plant."

Most gardening failures result from simple things, he said, "like people who don't fertilize, or if they do, put on too much. The same goes for people who don't

understand watering, or add too much. Many tend to do their pruning with power tools and then overdo it

Here are 10 common gar-dening mistakes and ways avoid

1. Neglecting soil preparation Test the plant beds before you begin, and again every few years to see if soil conditioners are needed.

**2. Overplanting** Design with the size of mature plants in mind. Try succession planting, which early, cool-weather crops are harvested before later, less hardy plants reach maturity.

**3. Flawed feeding.** "Mulch plants and they'll be so much happier," said Tia Pinney, adult program co-ordinator at the Drumlin Farm Wildlife Sanctuary, in Lincoln, Mass. "Supplement your soil, don't just fertilize

## 4. Improper watering.

Too much water can be just as damaging as too little. Do a finger-in-the-ground test to ensure that the soil around the roots is moist.

5. Wrong location

Growing conditions change as trees and shrubs mature, creating different shadow patterns. Most plants need six to eight hours of sun per

## **6. Improper pest control.** Don't kill the good bugs,

like pollinators, in an effort to eliminate the bad.

## 7. Faulty maintenance.

Don't set your cultivator (or hoe) too deep, damaging plant roots. Pull some weeds by hand.

8. Over-pruning
As a rule, don't remove more than 30 per cent of the foliage from shrubs in one cutting. And don't "top" trees to control their height.

That reduces their life span rather than improves their health," Ryan said.

9. Botched planting Choose the right plant



"I know of one property where they put a tree with its root ball on the surface of the ground, and then mulched around it up to the level of the trunk," Ryan said. "People don't know how to plant."

10. Failing to start over

'Oftentimes, people diseased things grow that should be pulled out, and it affects the health of the entire crop,"

Start with a small plot so you can correct.
THE ASSOCIATED PRESS

## The dream is alive and it's living in Leduc

It's actually do-able. For the same money, you'll get a nicer house on a better lot, in a finer neighborhood, in an altogether more livable city.

It's the perfect place to put down roots and grow a family. The air is cleaner and the streets safer, and everything you need is nearby, all the amenities you could ever hope for: from shopping to schools, to restaurants, to playgrounds, to rec centers, to hospitals, to you name it.

It's all here, less than 15 minutes from Edmonton,















## Wood flooring essentials

## • Never underestimate the visual importance of your home's flooring • Luckily, you can improve it yourself

## **DIY IDEAS**

IIM CARIIK HOME@METRONEWS.CA



you looking at your kitchen or dining room floor with a

times, it's the quality of your home's flooring that is the first thing that catches the eve.

Until about a decade ago, do-it-yourself flooring op-tions were limited. Now, manufacturers have come out with a vast range of wood and wood-composite flooring materials.

What's the difference between the two? Well, solid wood flooring has been around for years and it's still the top-end choice. You can select hardwood, softwood or even bamboo. And don't be fooled by the "hardwood" and "softwood" labels. Softwood just means the tree is an evergreen. Douglas fir, a softwood, is a lot harder than many hardwoods.

Bamboo flooring hit the market in a big way about a decade ago. It's actually a grass. But don't let that fool you. It's harder than oak! And bamboo is ecologicallyfriendly because it's so fast-

growing. While solid wood flooring provides a supremely high-quality look in almost any room, it is not always the best choice for areas susceptible to moisture, such as basements. Be careful with it in bathrooms, too. A more moisture-proof

option for those areas is

wood-composite, also known as "laminate" flooring. Laminate is generally less expensive than solid wood, yet it can look fantastic. This "engineered" flooring contains a real wood surface with underlying layers of plywood or fibreboard. These give the product its strength and resilience. Cork flooring belongs to the laminate flooring category. It's got a

surface made from the cork oak tree. About half of the product is air bubbles, giving it a comforting, cushioned feel. Still, it has surprising durability, even in moist environments. It's a fashion-forward choice.

To install your own flooring like a pro, sign up for our Wood Flooring Essentials course at biywork-shops.com. We'll give you hands-on instruction in underlayment, layout and installation of all kinds of build-it-yourself wooden floors.

JIM CARUK, HGTV HOST, HAS BEEN A RENOVATION CONTRACTOR FOR MORE THAN 30 YEARS. HE IS THE FOUNDER OF BUILD IT YOURSELF LEARNING CENTERS WHICH TEACHES HOMEOWN-ERS HOW TO COMPLETE THEIR OWN REPAIRS AND RENOVATIONS (BIYWORKSHOPS.COM).



## Giving new life to decor

• Karl Lohnes offers tips on making over some old favourites and giving them a new purpose

## DESIGN CENTRE



KARL LOHNES HOME@ METRONEWS.CA

It's usually in the spring that I look around my house and consider

replacing a worn piece of furniture or some of the outdated accessories that I've been hanging onto.

A yard sale is a great place to sell-off unwanted items and there are certainly enough curb-browsers who will gladly take my outdated decor items. But this spring I am going to challenge myself to an idea that is not only inexpensive, but eco-friendly, too.

I am going to make over a few of my least favourite items. With a small investment and a bit of elbow grease I can give my old wingback chairs, dresser and worn carpet a whole new look. If something looks like it's a tad outdated, it may just need a colour change.

The old wingback chairs that I've been dragging around each time I move are looking rather

boring in the mocha cotton twill fabric and it's time for an update.

On its last leg of life, I am going to let the chairs be the centre of attention by slipcovering them in a fun, loud fabric.

They will be the greeters by the front door — a place to sit while waiting for a taxi to arrive, or, more likely, a place to throw my coat, gloves and tote bag.

Tip: Look for punchy, affordable fabrics at dress supply retailers like Fabricland. They sell much more than just lightweight dress fabrics and might even be able to recommend someone to slipcover your furniture for you for an affordable price.

The dark wood dresser that I have dragged around since childhood has just about seen it all over the many years.

Instead of selling my old companion off in the yard

sale, I'll paint the outer shell with a lowluster oil paint (for durability) and wallpaper the drawer fronts to add some personality.

Because of its smaller size, I'm going to use my newly decorated friend in the hallway. It'll now hold the overflowing bath supplies from the linen cupboard.

Tip: Choose the wallpaper first, then match it to a coordinating paint colour. This will allow you to have a custom look that is perfectly matched.

I bought a worn Kilim rug for next to nothing many years ago, and its tired look is starting to get me down.

Time for a fresher-looking carpet in the den. I'm taking my old



friend to the carpet cleaners and once he's been scrubbed down, I'm having him cut up and blocked into floor cushions to stack in the corner of my bedroom.

A great way to reinvent an old friend and not have to say goodbye.

Tip: Talk to your local rug cleaners about sewing the rugs into poufs as a heavy-gauge needled sewing machine will be needed. If they cannot do it then call a local upholstery school (check the community night school programs). Either take the classes at night and do it there, or hire someone from the school that has basic sewing experience.



## **Roasted veggies have** never tasted so good

• Roasting the ingredients of this Asparagus and Potato Soup will bring out their deeper, richer flavours • Add some prosciutto to mix textures

## DINNER **EXPRESS**

EMILY RICHARDS FOOD@METRONEWS.CA



For this Asparagus and Potato Soup, all the vegetables are roast-

high caramelizing their sugars enhancing flavours.

They then are puréed until smooth and combined with thick, non-fat Greek-style yogurt, which gives the soup a creamy quality that belies its lowfat nutritional profile.

Lastly, sweet and salty prosciutto is crisped in a skillet to create a garnish that has all the appeal of crumbled bacon, without all the grease.

## **Preparation:**

**Ingredients:** 

## parchment paper-lined baking sheets. Place

- 6 cloves garlic
- 1 1/4 lb (625 g) fresh asparagus, trimmed, cut into 1-inch (2.5 cm) pieces (about 3 cups/750 mL)
- 2 cups (500 mL) peeled and diced Yukon Gold pota-
- toes
- 1 medium sweet onion, cut into 6 wedges

Place garlic on square

piece of foil and sprinkle

with 1 tsp (5 mL) water.

Fold foil into a packet.

In bowl, combine

asparagus, potatoes,

onion, oil, salt and pep-

per; toss to coat. Spread

vegetables over 2 large

Set aside

- 1 tbsp (15 mL) olive oil
- 1/2 tsp (2 mL) salt 1/2 tsp (2 mL) ground
- black pepper
- 2 oz (60 g) sliced

## prosciutto, chopped • 3 cups (750 mL) chicken

packet of garlic in corner

of one of the sheets.

Roast in 425 F (220 C)

oven, stirring occasion-

ally for 45 minutes or un-

til asparagus is soft and

potatoes tender. Let cool

Meanwhile, in skillet set

over medium heat, crisp

prosciutto for about 5

. minutes; set aside

for five minutes.

- 3/4 cup (175 mL) non-fat
- plain Greek-style yogurt
   1 tbsp (15 mL) minced fresh tarragon
- 1 tsp (5 mL) lemon juice

## ▶ Potatoes, asparagus, onions and prosciutto are married in this hearty soup. Transfer half of vegetables into blender and add 1 1/2 cups (375 mL) of broth; blend until

smooth. Transfer to pot. Repeat using remaining vegetables and remaining broth. Warm soup over medium heat. Whisk in yogurt, tarragon, lemon juice.

Season with more salt and pepper to taste, if desired. Ladle soup into bowls and crumble prosciutto on top to serve. THE ASSOCIATED PRESS **EMILY RICHARDS IS A PROFES** SIONAL HOME ECONOMIST. COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY. VISIT EMILYRICHARDSCOOK.CA.



This Tortilla Stack brings the taste of Tex Mex into your kitchen. Leftovers are also perfect to serve for lunch the next day.

If beef is not your thing, try lean ground turkey and chicken as alternatives

Vegetarians, feel free to try ground plain or flavoured soy.

I guarentee this dish will fast become a family

## **Preparation:**

In non-stick skillet, heat oil over medium heat and cook onion and garlic for 3 minutes or until softened. Add beef, chili powder, oregano, coriander and salt and cook, stirring for 8 minutes or until browned. Stir in coriander.

Lay one tortilla on parchment paper lined baking sheet and spread with 1/4 cup (50 mL) of the salsa. Spoon with 1/2 cup (125 mL) of the beef and sprinkle with 1/4 cup (50 mL) of the cheese. Repeat three times and top with last tortilla and remaining cheese.

Bake in 400 F (200 C) oven for about 15 minutes or until cheese is melted and tortilla is light golden.

O EMILY RICHARDS

## **Ingredients:**

- 1 tbsp (15 mL)
- vegetable oil • 1 small onion, finely chopped
- 2 cloves garlic, minced • 8 oz (250 g) lean
- ground beef 1 tsp (5 mL) each ancho chili powder and dried oregano leaves
- 1/2 tsp (2 mL) ground
- 1/4 tsp (1 mL) salt 2 tbsp (25 mL) chopped fresh coriander
- 5 large flour tortillas
- 1 1/4 cups (300 mL) Tex Mex shredded cheese
- 1 cup (250 mL) mild or medium salsa
- Sour cream (optional)



FINANCIAL



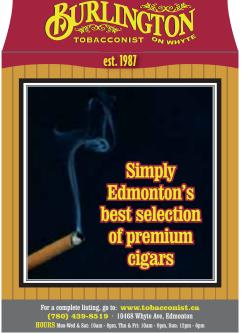




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> metr@ News worth sharing





## Crosby may not be back for playoffs

Sidney Crosby is hitting the road with his Pittsburgh teammates again, but is not ready for prime time yet.

Despite recent speculation that his return could be days away, perhaps in time for the first round of the playoffs, Crosby climbing over the boards again during game action might not occur until next season.

Crosby will rejoin his teammates for game-day skates starting today, but it appears increasingly less likely the former NHL MVP will heal from a concussion in time to play again this season, no matter how far the Penguins advance in the post-season.

"The last thing we'll do with Sidney Crosby or any player is push him if he's not ready," general manager Ray Shero said.

Crosby, sidelined since early January after sustaining two hard hits in as many games, isn't cleared yet to practise or for anything resembling contact—only to skate with his teammates on game days. Some days he will just work out off the ice, as he has been doing since he resumed skating nearly three weeks ago.

Shero speculated that with the playoffs only two weeks away, there might not be enough time for Crosby to return for the post-season. He ruled out any possibility that Crosby could play in any of the Penguins' remaining five regular season games.

"Our captain is coming back any time soon? That is not our expectation," Shero said. "When I talk to Dan Bylsma, our coach, about a date, a certain date about when Sid might be coming back, the certain date might be in training camp."

THE CANADIAN PRESS



## Cold openers

Six games on tap today as baseball season begins Harsh weather expected in Washington, New York, Kansas City and Cincinnati

Grab the parka, ski cap, mittens and galoshes. It's time for baseball.

From Dodger Stadium to Yankee Stadium, there was a flurry of activity as teams got ready for opening day. At Great American Ball Park, meanwhile, there were actual flurries.

Ryan Braun, Prince Fielder and the Milwaukee Brewers worked out as snowflakes fell yesterday, a day before they were to play Cincinnati. The conditions were better suited for snowballs than baseballs "Even after all these years, there are still butterflies. Heck yeah."

CINCINNATI REDS MANAGER DUSTY BAKER

when the Reds later took the field, too.

"I love it. I love the weather," Reds second baseman Brandon Phillips deadpanned. "The weather is beautiful."

The forecast for the six openers today wasn't much better. Rain with tempera-

tures in the 10 C mark in Washington, New York and Kansas City, downright chilly in Cincinnati.

"It's not easy playing in the cold but the good thing is both teams have to do it," Yankees star Mark Teixeira said, set to face Detroit in the Bronx's first March game.

Said Tigers catcher Alex Avila: "It's going to be perfect weather, 40s and rain. A good day to pitch."

At Nationals Park, Washington players came out to practise in red-hooded

sweatshirts. Their workout ended in the rain when the grounds crew pulled out the tarp. There's no telling if it will be any better for today's game against Atlanta.

Leave it to Los Angeles to provide the perfect setting. Two-time Cy Young winner Tim Lincecum, rookie of the year Buster Posey and the World Series champion San Francisco Giants open at Dodger Stadium, where it's supposed to be sunny and near 26 C.

THE ASSOCIATED PRESS



**Oilers preview** 

Oilers at Wild 6 p.m. TV: SNET-W Radio: 630 CHED



Edmonton (23-42-11) is limping to the finish of another season. They are mired in a 10-game winless streak — their worst since a 13-game slide last season.



Minnesota (36-32-8) is finally on a high note after snapping an eight-game losing streak Tuesday night. The Wild won 3-2 in a shootout over St. Louis, but the recent freefall all but officially eliminated the Wild from post-season play. THE CANADIAN PRESS



## NATIONAL HOCKEY LEAGUE

<b>EASTERN CON</b>	NFER	EN(	CE									
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	76	46	20	4	6	243	202	102	21-11-2-4	25-9-2-2	5-1-1-3	W1
dx-Washington	77	44	22	5	6	207	185	99	22-8-2-6	22-14-3-0	7-2-0-1	L1
dx-Boston	76	43	23	5	5	229	178	96	19-13-3-2	24-10-2-3	5-3-2-0	W2
x-Pittsburgh	77	45	24	5	3	220	188	98	24-14-2-0	21-10-3-3	7-3-0-0	L1
Tampa Bay	76	41	24	5	6	228	230	93	23-11-1-4	18-13-4-2	4-3-2-1	W2
Montreal	78	41	30	4	3	205	203	89	23-11-3-3	18-19-1-0	4-6-0-0	L1
Buffalo	77	39	29	8	1	226	214	87	19-16-3-1	20-13-5-0	6-3-1-0	W1
NY Rangers	77	41	31	2	3	218	182	87	18-16-1-3	23-15-1-0	7-2-0-1	L1
Carolina	77	37	30	5	5	220	228	84	21-13-2-2	16-17-3-3	6-4-0-0	W2
Toronto	77	35	32	5	5	205	235	80	18-14-3-4	17-18-2-1	6-4-0-0	W1
Atlanta	76	32	32	5	7	211	249	76	17-15-2-5	15-17-3-2	5-4-1-0	L1
New Jersey	76	35	36	3	2	158	191	75	19-15-2-1	16-21-0-2	5-4-0-1	W1
NY Islanders	77	29	36	7	5	212	244	70	16-17-1-4	13-19-6-1	4-4-2-0	L3
Florida	77	29	36	5	7	187	212	70	15-15-4-4	14-21-2-2	2-5-0-3	L6
Ottawa	77	29	38	5	5	177	238	68	14-19-2-3	15-19-3-2	5-4-0-1	L2

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strl
z-Vancouver	77	51	17	4	5	250	176	111	25-8-1-4	26-9-3-1	9-1-0-0	W4
d-Detroit	77	44	23	6	4	247	226	98	20-13-4-2	24-10-2-2	5-3-2-0	L2
d-San Jose	76	44	23	4	5	224	199	97	21-11-2-3	23-12-2-2	6-1-0-3	W1
Phoenix	78	42	25	7	4	221	213	95	20-13-4-2	22-12-3-2	8-2-0-0	W1
Los Angeles	76	44	26	4	2	209	181	94	23-12-3-0	21-14-1-2	8-1-1-0	W4
Anaheim	77	44	28	3	2	223	223	93	24-12-1-1	20-16-2-1	8-2-0-0	W3
Nashville	77	41	26	6	4	203	182	92	22-9-4-3	19-17-2-1	8-2-0-0	L1
Chicago	76	41	27	3	5	242	209	90	23-15-0-0	18-12-4-4	4-4-1-1	L1
Dallas	75	38	26	4	7	209	212	87	20-11-3-5	18-15-1-2	3-3-2-2	L4
Calgary	78	38	29	4	7	237	230	87	22-13-1-3	16-16-3-4	3-5-1-1	L1
Minnesota	76	36	32	3	5	191	215	80	17-16-2-3	19-16-1-2	2-7-1-0	W1
St. Louis	77	35	32	4	6	224	225	80	21-12-1-4	14-20-3-2	5-5-0-0	W1
Columbus	76	34	31	4	7	202	232	79	17-17-1-3	17-14-3-4	3-5-1-1	W1
Colorado	75	28	39	7	1	211	267	64	15-18-4-0	13-21-3-1	2-8-0-0	L3
Edmonton	76	23	42	2	9	180	251	57	12-21-1-5	11-21-2-3	0-7-1-2	L10
P 1 1 1	CC1 11		1.		10.0			- 11				

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns. Boston 3 Chicago 0

Tonight's games All times Eastern

Toronto at Boston, 7 p.m.

Atlanta at Philadelphia, 7 p.m.

N.Y. Rangers at N.Y. Islanders, 7 p.m.

Columbus at Washington, 7 p.m. Pittsburgh at Tampa Bay, 7:30 p.m.

Pittsburgh at Tampa Bay, 7:30 p.m.
Ottawa at Florida, 7:30 p.m.
Edmonton at Minnesota, 8 p.m.
Nashville at Colorado, 9 p.m.
Los Angeles at Vancouver, 10 p.m.
Dallas at San Jose, 10:30 p.m.
Tomorrow's games
Philadelphia at New Jersey, 7 p.m.
Chicago at Columbus, 7 p.m.
Calgary at St. Louis, 8 p.m.
Colorado at Phoenix, 10 p.m.

**HURRICANES 6, CANADIENS 2** 

First Period
1. Carolina, Skinner 28, 11:01
2. Carolina, Skinner 29 (Ruutu) 15:06
Penalties – None.
Second Period
3. Montreal, Cammalleri 17 (Wisniewski, Plakaner) 2-32 (m)

Plekanec) 5:23 (pp) 4. Carolina, McBain 6 (Cole, Stillman) 6:10

6. Montreal, Subban 12 (Wisniewski,

Third Period

Shots

Montreal

Carolina, Pitkanen 4 (Ruutu, Skinner) 9:03 Penalties — Bra. Sutter Car (tripping) 3:52, De-sharnais Mtl (hooking) 15:39.

6. Montreal, Subban 12 (Wisniewski, Plekanec) 9:01 (pp) 7. Carolina, McBain 7 (Bowman) 15:24 8. Carolina, Stillman 11 (Corvo, E.Staa) 17:47 (pp) Penalties — E.Staal Car (hooking) 4:44, E.Staal Car (slashing) 8:56, Subban Mtl (slashing) 10:20, Gill Mtl (tripping), Pouliot Mtl. Subban Mtl. Glasapo (ar (inscenduct)

Mtl, Subban Mtl, Gleason Car (misconduct) 16:46, Hamrlik Mtl (hooking) 17:47.

Goal (shots-saves) — Montreal: Price (1.35

Carolina: 1-4.

Referees — Tim Peel, Greg Kimmerly.

Linesmen — Don Henderson, Steve Miller.

Att. — 18,701 (18,680) at Raleigh, N.C.

Quar (SHOUS-SAVES) — MONTREAI: Price (L,35-28-6)(26-22), Auld (start third)(9-7); Carolina: Ward (W,34-25-9). Power plays (goals-chances) — Montreal: 2-3;

17 15 8 15 11 9

Last night's results Anaheim 4 Calgary 2 Carolina 6 Montreal 2 St. Louis 10 Detroit 3 St. Louis 10 Detroit 3 New Jersey 3 N.Y. Islanders 2 Buffalo 1 N.Y. Rangers 0 Tuesday's results Toronto 4 Buffalo 3 Vancouver 3 Nashville 1 Los Angeles 2 Edmonton 0 Tampa Bay 5 Ottawa 2 Montreal 3 Atlanta 1 Carolina 3 Washington 2 (SO) Columbus 3 Florida 2 (SO) Phoenix 2 Dallas 1 (SO) Minnesota 3 St. Louis 2 (SO) Philadelphia 5 Pittsburgh 2

## DUCKS 4. FLAMES 2

First Period
1. Calgary, Iginla 37 (Tanguay, Giordano) 2:58
2. Anaheim, Ryan 33 (McMillan, Winchester)

3. Anaheim, Fowler 10 (Visnovsky, Getzlaf)

15:40 (pp)

Penalties — Kotalik Cal (hooking) 5:02, Regehr Cal (slashing) 6:15, Beleskey Ana (cross checking) 11:59, Backlund Cal (slashing) 14:51, Perry Ana (roughing) 15:40, Stajan Cal

14:51, Perry Ana (roughing) 15:40, Stajan Cal (tripping) 18:13. Second Period 4. Anaheim, Visnovsky 16 (Perry) 18:51 Penalties – Iginla Cal (goaltender interfer-ence) 0:44, Beauchemin Ana (slashing) 11:00, Sbisa Ana (tripping) 12:43, Winchester Ana (roses-scheding) 27:00 (cross-checking) 20:00. Third Period

5. Calgary, Giordano 8 (Iginla, Tanguay) 0:32 Penalties — Lydman Ana (hooking) 0:13 (en)
Penalties — Lydman Ana (hooking) 0:19, Lydman Ana (hooking) 4:07, Kostopoulos Cal (tripping) 6:45.

(tripping) 6:45.

Shots

Anaheim

10 3 9 -22

Calgary

10 10 5 -25

Goal – Anaheim: Emery (W.6-0-0); Calgary:

Kiprusof (L,34-24-6).

Power plasy Goals-chances) — Anaheim: 2-6;

Calgary: 1-7.

Peferose – Gord Duwer May: 10 3 9 -22 10 10 5 -25

Referees — Gord Dwyer, Marc Joanette Linesmen — Lonnie Cameron, Bryan Pancich. Attendance — 19,289 (19,289).

## **BLUES 10, RED WINGS 3**

First Period
1. Detroit, Modano 4 (Holmstrom) 5:51 Detroit, Modano 4 (Holmstrom) 5:51
 St. Louis, Stewart 27 (Berglund, Sobotia) 14:06
 S. St. Louis, Janssen 1 (Reaves, McRae) 16:04
 A. Detroit, Bertuzzi 16 (Franzen, V.Filippula) 17:55
 S. L. Louis, Porter 1, 18:24
 Penalties — Franzen Det (tripping) 0:18,
Hudler Det (interference) 7:01.

Second Bezief

Second Period 6. St. Louis, D'Agostini 20 (Nikitin, Sobotka) 1:54 (pp) 1:54 (pp)
7. St. Louis, Crombeen 7 (McDonald, Polak) 5:23
8. St. Louis, Backes 28 (Shattenkirk, D'Agosti-

ni) 10:04 (nn)

ni) 10:04 (pp)

9. Detroit, Zetterberg 24 (Lidstrom, Franzen)
12:37 (pp)
10. St. Louis, Polak 3 (Porter, Crombeen) 14:47
11. St. Louis, Sobotka 7 (Stewart, Nikitin) 16:10

Penalties — Franzen Det (roughing) 0:14,
Control 15:41 (Society) 40:72 Setsberg Det

Cracknell StL (hooking) 6:07, Zetterberg Det (holding) 8:24, Cole StL (holding stick) 10:34, St. Louis bench (too many men; served by Stewart) 11:40.

Third Period

12. St. Louis, Berglund 20 (Stewart, Shattenkirk) 6:21

13. St. Louis, Porter 2 (Janssen, Cracknell) 17:50

Penalties — Shattenkirk StL, Franzen Det (unsportsmanlike conduct) 10:53.

Sportsmanlike conduct) 10:53.

Shots
St. Louis
19 14 14 -47
Detroit
11 15 18 -44
Goal (shots-saves) - St. Louis: Halak (W.2420-7); Detroit: MacDonald (L.5-5-3)(39-32).
M/Collum (5:23 second) (8-5), Power plays
(goals-chances) - St. Louis: 2-4; Detroit: 1-3.

Referees - lan Walsh, Eric Furlatt. Linesmen Andy McElman, Thor Nelson.
 Att. — 20,066 (20,066) at Detroit.

## SABRES 1, RANGERS O

SHORLES I, KINTUREN S First Period — No Scoring, Penalties — Callahan NYR (roughing), Stafford Buf (elbowing) 19-52. Second Period 1. Buffalo, Connolly 12 (Vanek, Gragnani) 5:28 (pp) Penalties — Staal NYR (interference) 4:50, Montador Buf (slashing) 16:31. Third Beriod — No Scorine

Third Period — No Scoring. Penalties — None.

Shots N.Y. Rangers

8 6 9 -23 15 11 9 -35 N.Y. Rangers 8 6 9 -23
Buffalo Buffalo 11 9 -33
Goal – N.Y. Rangers: 1.5 11 9 -33
Goal – N.Y. Rangers: 1.5 11 9 -35
Buffalo: Enroth (W,6-2-1). Power plays (goals-chances) – N.Y. Rangers: 0-1; Buffalo: 1-1.
Referees – Dennis LaRue, Chris Rooney.
Linesmen – Steve Barton, Derek Nansen.
Att. – 18,690 (18,690) at Buffalo.

## **DEVILS 3, ISLANDERS 2**

DEVILO 3, ISLANDERS 2
First Period
1. New Jersey, Kovalchuk 28 (Palmieri, Zajac) 4:17
Penatiles — Konopka NYI, Clarkson NJ (fighting)
1:57, M.Martin NYI, Leach NJ (fighting) 1:33,
M.Martin NYI, Clarkson NJ (roughing) 13:01.
Second Period
3. New Jersey, Jeograp 2 (Oplinieri, Ko.

2. New Jersey, Josefson 3 (Palmieri, Kovalchuk) 3:23 Penalties — Tallinder NJ (tripping) 0:08, Mar-

tinek NYI (hooking) 11:10, Reese NYI (trip-

tinek NYI (nowing) 11:10, keese NYI (tripping) 16:18.

Third Period

3. N.Y. Islanders, Nielsen 12, 9:38 (sh)

4. N.Y. Islanders, Nielsen 13 (M.Martin, Okposo) 13:44

5. New Jersey, Greene 4 (Elias, Zubrus) 15:04

Penalties — Tavares NYI (hooking) 3:38, Rol-ten NI (Kripen) 4:56 (Astir MYI (double)

ston NJ (tripping) 4:54, Katic NYI (double high-sticking) 7:57.

N.Y. Islanders New Jersey 7 10 3 Goal — N.Y. Islanders: DiPietro (L,8-12-4); 7 10 New Jersey: Brodeur (W,22-24-3). Power plays (goals-chances) — N.Y. Islanders: 0-2; New Jersey: 0-5.

plays (goals-chances) — N.Y. Islanders: 0 New Jersey: 0-5. Referees — Jean Hebert, Bill McCreary. Linesmen — Derek Amell, Brian Murphy. Att. — 16,252 (17,625) at Newark, N.J.

## MLB

## **SPRING TRAINING**

Yesterday's results Yesterday's results
Tampa Bay 5 Toronto 3
San Francisco 2, Oakland 1
Minnesota 2, Atlanta 0
Pittsburgh 4, Philadelphia 1
N.Y. Mets 6, Florida 3
Boston 10 Houston 0
Seattle at L.A. Dodgers

## **REGULAR SEASON**

Today's games All times Eastern

## AMERICAN LEAGUE

Detroit (Verlander 0-0) at N.Y. Yankees (Sabathia 0-0), 1:05 p.m. L.A. Angels (Weaver 0-0) at Kansas City (Hochevar 0-0), 4:10 p.m.

## NATIONAL LEAGUE

Atlanta (Lowe 0-0) at Washington (Hernandez 0-0), 1:05 p.m.
Milwaukee (Gallardo 0-0) at Cincinnati (Volquez 0-0), 2:10 p.m. San Diego (Stauffer 0-0) at St. Louis (Carpenter 0-0), 4:15 p.m. San Francisco (Lincecum 0-0) at L.A. Dodgers (Kershaw 0-0), 8 p.m.

## SKIING

## CANADIAN ALPINE **CHAMPIONSHIP**

At Nakiska, Alta. Women's Giant Slalom 1. Marie-Michele Gagnon, Lac-Etchemin, Que. (52.16-51.36), one minute, 43.52 seconds; 2. Britt Janyk, Whistler, B.C. (52.45-51.82), 1:44.27; 3. Victoria Stevens, Mont-Tremblant, Que. (52.57-52.13), 1:44.70; 4. Marie-Pier Prefontaine, Saint-Sauveur, Que, (52,34-52,63). 1:44 97: 5 Madison McLeish Canmore Alta 1:44.97; 5. Madison McLeish, Cammore, Alta, CG26-65-235), 1245.01; 6. Elli Ferwiel, Sun Peake, B. C. (53.75-51.71), 1:45.44; 7. Eve Routhier, Sherbrooke, Que. (53.00-52.62), 1:45.62; 8. Erin Mielzynski, Guelph, Oht. (54.41-52.12), 1:46.53; 9. Kate Ryley (53.60-52.98), 1:46.58; 10. Julia Roth, Waterloo, Oht. (54.52-53.51), 1:48.03.

## GOLF

## **WORLD RANKING**

Through March 27	
Martin Kaymer	Ger
2. Lee Westwood	Eng
3. Luke Donald	Eng
4. Graeme McDowell	NIr
5. Tiger Woods	USA
6. Phil Mickelson	USA
7. Paul Casev	Eng
8. Rory McIlroy	NIr
9. Matt Kuchar	USA
10. Steve Stricker	USA
11. Jim Furyk	USA
12. Dustin Johnson	USA
13. Ernie Els	SAf
14. Nick Watney	USA
15. Francesco Molinari	Ita
16. Ian Poulter	Eng
17. Bubba Watson	USA
18. Hunter Mahan	USA
<ol><li>Retief Goosen</li></ol>	SAf
20. Robert Karlsson	Swe
21. Martin Laird	Sco
22. Louis Oosthuizen	SAf
23. Tim Clark	SAf
24. Miguel Angel Jimenez	Esp
25. Alvaro Quiros	Esp
26. Justin Rose	Eng
27. Edoardo Molinari	Ita
28. Adam Scott	Aus
29. Charl Schwartzel	SAf
30. Robert Allenby	Aus
31. Rickie Fowler	USA
32. Geoff Ogilvy	Aus
33. Y.E. Yang	Kor
34. Zach Johnson	USA
35. Kim Kyung-Tae	Kor

36. Padraig Harrington

## SOCCER

## MLS

<b>EASTERN CONFERE</b>	NC					
	W	L	T	Pt	GF	GΑ
Philadelphia	2	0	0	6	2	0
Chicago	1	0	1	4	4	3
New England	1	0	1	4	3	2
New York	1	0	1	4	1	0
D.C.	1	1	0	3	4	3
Sporting Kansas City	1	1	0	3	5	5
Toronto FC	1	1	0	3	4	4
Houston	0	1	1	1	1	2
Columbus	0	1	1	1	1	3
WESTERN CONFER	ENC	Ε				

Real Salt Lake	2	0	0	6	5	1
Colorado	2	0	0	6	4	1
Los Angeles	1	1	1	4	3	5
Vancouver	1	1	0	3	4	3
San Jose	1	1	0	3	2	1
Seattle	0	2	1	1	1	3
FC Dallas	0	1	1	1	1	3
Chivas USA	0	2	0	0	2	4
Portland	0	2	0	0	1	5
MOTE: Throo points fo	rvi	rton	OD	n nt	forti	

## Tomorrow's game All times Eastern

FC Dallas at Columbus, 7:30 p.m. Saturday's games Chivas USA at Toronto FC, 1 p.m. Chivas USA at I fornto F. (1 p.m. Sporting Kansas City at Vancouver, 7 p.m. Houston at New York, 7:30 p.m. Portland at New England, 7:30 p.m. Seattle FC at San Jose, 10:30 p.m. Shadelphia at Los Angeles, 10:30 p.m. Sunday's game D.C. United at Colorado, 7 p.m.

## **TENNIS**

## **ATP-WTA SONY ERICSSON OPEN**

At Key Biscayne, Fla. Men's Singles — Quarter-finals Novak Djokovic (2), Serbia, def. Kevin Ander-son, South Africa, 6-4, 6-2. Mardy Fish (14), U.S., def. David Ferrer (6), Spain, 7-5, 6-2. Men's Doubles — Quarter-finals

Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, def. Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, 7-5, 6-0. Mahesh Bhupathi and Leander Paes (3), In-

dia, def. Michael Llodra, France, and Nenad Zi-monjic (6), Serbia, 6-3, 6-7 (4), 10-7 tiebreak. Women's Singles — Quarter-finals

Women's Singles — Quarter-finals
Victoria Azarenka (8), Belarus, def. Kim Clijsters (2), Belgium, 6-3, 6-3.
Vera Zvonareva (3), Russia, def. Agnieszka
Radwanska (9), Poland, 7-5, 6-3.
Women's Doubles — Quarter-finals
Liezel Huber, U.S., and Nadia Petrova (3),
Russia, def. Sloane Stephens, U.S., and Yanina
Wickmayer, Belgium, 6-4, 6-1.

## CRICKET

6.55 6.19 5.82 5.70 5.63 5.44 5.33 5.24 5.04 4.73 4.65 4.48 4.47

3.66 3.63 3.60 3.52 3.45 3.44 3.39 3.19 3.15 3.11

## **WORLD CUP**

**SEMIFINALS** Yesterday's result At Mohali, India India (260-9) def. Pakistan (231) by 29 runs.

**FINAL** 

Saturday's game At Mumbai, India Sri Lanka vs. India

## BASKETBALL

## **NCAA TOURNAMENT**

At Houston NATIONAL SEMIFINALS

Saturday's games Kentucky (29-8) vs. Connecticut (30-9) Butler (27-9) vs. Virginia Commonwealth (28-11)
NATIONAL CHAMPIONSHIP

Monday's game Semifinal winners

## NBA

## **EASTERN CONFERENCE** y-Chicago y-Boston x-Miami x-Orlando x-Atlanta Philadelphia New York .730 .699 .693 .627 .573 .520 .493 20 22 23 28 32 36 38 2:/: 2:/: 7:/: 11:/: 15:/: 17:/: 42 .447 Indiana Charlotte .432 .405 .351 .311 .270 .243 .203 30 26 23 Milwaukee 44 48 51 54 56 59 Detroit New Jersey Toronto Washington Cleveland

WESTERN CO	NFER	EN	Æ	
	W	L	Pct	GB
x-San Antonio	57	17	.770	_
y-L.A. Lakers	53	20	.726	31/2
x-Dallas	52	21	.712	41/2
x-Oklahoma City	50	24	.676	7
Denver	45	29	.608	12
New Orleans	43	32	.573	141/2
Portland	43	32	.573	141/2
Memphis	42	33	.560	151/2
Houston	39	36	.520	181/2
Phoenix	36	38	.486	21
Utah	36	39	.480	211/2
Golden State	32	44	.421	26
L.A. Clippers	29	45	.392	28
Sacramento	21	53	.284	36
Minnesota	17	58	.227	401/2
d – division leader;	x — clin	ched	playoff	berth;
<ul> <li>v — clinched divisio</li> </ul>	n.			

## Last night's results Milwaukee 104 Toronto 98

Milwaukee 104 Toronto 98 Charlotte 98 Cleveland 97 Philadelphia 108 Houston 97 Indiana 111 Detroit 101 Atlanta 85 Orlando 82 Miami 123 Washington 107 New York 120 New Jersey 116 Memphis 110 Golden State 91 Chicago 108 Minnesota 91 New Orlana 95 Portland 91 New Orleans 95 Portland 91 Denver 104 Sacramento 90 Oklahoma City 116 Phoenix 98

Dallas at L.A. Clippers Tuesday's results

Houston 112, New Jersey 87 Cleveland 102, Miami 90 Oklahoma City 115, Golden State 114 (OT) Sacramento 116, Phoenix 113

Tonight's games All times Eastern

Boston at San Antonio, 8 p.m. Dallas at L.A. Lakers, 10:30 p.m.

## LACROSSE

## NLL

LASI DIVI	310						
	GP	W	L	Pct.	GF	GA	GE
x-Toronto	12	9	3	.750	141	114	-
x-Buffalo	11	8	3	.727	122	102	2
Rochester	11	6	5	.545	106	117	21
Boston	13	6	7	.462	133	120	31/
Philadelphia	12	4	8	.333	109	138	

## WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
algary	12	9	3	.750	153	132	_
/ashington	12	6	6	.500	155	143	3
nesota	11	5	6	.455	124	124	31/2
nonton	12	3	9	.250	131	160	6
orado	10	2	8	.200	89	113	6
clinched n	Jave	off h	ort	Ь			

x — clinched playoff berth.

WEEK13
All times Eastern
Tomorrow's games
Washington at Toronto, 7:30 p.m.
Colorado at Edmonton, 9 p.m.
Mispaceta to Colora (200 p.m. Minnesota at Calgary, 9:30 p.m.

Saturday's games Toronto at Philadelphia, 7 p.m. Rochester at Boston, 7:30 p.m. Washington at Buffalo, 7:30 p.m. Calgary at Minnesota, 8:30 p.m. onton at Colorado, 9 p.m



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chould light to have the carrier and no. The orbital partitional after the agency party of unitally paying from the which is appointed for an orbital partition of six to new efficies all recent uniforms. Other is subject to condition and major to decide the condition and major to condition and major to condition and major to condition.

## Crossword

## Across

1 Teen's woe 5 Cole Porter's "Let's 9 "All My Children"

airer

12 Surveyor's map

13 Reed instrument

14 Sine — non

15 Tuba's cousin

17 Coffee vessel

18 Rap session?

19 Bit of flora 21 Tagged player

22 Clean the cookware

24 Intl. oil group

27 Ovine remark

28 Band's bookings 31 Sister

32 Mountain

33 "— Lazy River" 34 Never again?

36 Spelling contest

37 Mosque VIP 38 Agrees to

40 Either mate

41 About half of all adults

43 Show clearly

47 "The Greatest"

48 P.E. venue 51 H1N1 ailment

52 Future 19-Across

53 Beige

54 Scot's hat

55 "The Price Is

Right" props 56 Collections

1 "Planet of the — 2 Aid for Sherlock 3 California wine

12 15 16 18 21 22 24 26 30 25 28 29 32 33 34 35 36 37 39 40 42 43 44 45 46 47 49 50 48 51 52 56

valley 4 Cultural, in a sense 5 Finished 6 Kimono sash 7 Debtor's letters

8 Beat 9 Fishtank

10 Char 11 Lacks the skills

16 Autumn mo. 20 Drag along 22 Red-tag events

23 Part of a superhero costume

24 Lennon's lady

25 Play on words

26 Warm praise 27 Infant

29 Coll. transcript stat

30 Our uncle 35 — out a living 37 Van Gogh paint-

ing 39 Uneasy feeling

40 Eggs 41 Float gracefully

42 Earthenware pot 43 Odd's mates

44 Pleasant 45 Rudely brief

46 Ostriches' kin

49 Verily

50 "Family Guy" daughter

## ➤ Yesterday's answer

C	0	P	S		М	Α	R	ì	Α	J	A	R
0	Р	E	C		0	W	E		В	Α	S	E
С	U	Р	0	F	Т	E	Α		Α	R	1	Α
A	S	S	0	R	Т		P	Ε	L.	Н	Α	M
			Р	0	L		S	L	0	E		
В	В	C		G	Ε	М		Κ	Ν	Α	٧	E
R	0	A	M		D	1	Х		E	D	1	T
Α	P	N	E	Α		L	Ε	A		S	Α	C
	П	В	Α	D	E		R	1	D	Г		
P	Н	Ε	N	0	L		0	L,	1	٧	Ε	S
L	0	R	D		В	0	Х	S	С	0	R	E
0	G	R	E		0	R	Ε		Ε	L	1	Α
T	S	A	R		W	Α	S		S	Т	Е	M

For today's crossword answers and for expanded horoscopes, go to metronews.ca

## Sudoku

10

1			9	8				3
	5					9	6	
	6			2	1			4
					9			6
		5				7		
4			3					
5			4	6			8	
	2	4					1	
7				3	2			5

## How to play

TODAY

Min -2° Max 5°

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

A look at the weather

FRIDAY

Min -1° Max 4°

1	2	4	6	8	3	5	9	7
5	6	7	2	9	1	3	4	8
9	8	3	4	5	7	2	6	1
4	5	2	8	7	6	1	3	9
6	7	8	3	1	9	4	5	2
3	9	1	5	4	2	7	8	6
2	4	6	7	3	8	9	1	5
8	3	9	1	2	5	6	7	4
7	1	5	9	6	4	8	2	3

**SATURDAY** 

Min -8°
Max 1°

## Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Trixx, thanks for the shoutout. Cuba is going to be a blast, 1 problem about the marriage thing, you're my niece. Call me crazy, but I think that's a little illegal and just plain weird. Love all you crazy girls!

Lunatic, we have this crazy rollercoaster type life an I couldn't ask for anything more. u are truly an AMAZ-ING man in every possible way. ur dedication is my inspiration, never stop fighting for YOUR dream. Truly, madly, deeply, I love u forever & a day baby. BEAR <3

Barbie I hope this happy get-well note adds sunshine to your day and shows you that you're thought of in a warm and special way! XOXO YOURS TRULY, MUFFIN

I know we're young but I know this love is real. Looking forward to our future together. I love you. AMY

## Today's horoscope

## T Aries March 21-April 20

Everyone gets emotional occasionally, so why deny what you feel? Besides, the planets warn if you keep things bottled up inside for too long, you won't do your health any good.

## ¥ Taurus April 21-May 21 |t

would be nice if others would change their ways to accommodate your needs but it isn't going to happen and you know it. If there is something you want, the onus is very much on you to get it.

## **Ⅱ** Gemini May 22-June 21

Don't get involved in new situations without thinking about the potential consequences. first. A little caution in your affairs would not be a bad thing over the next 24 hours

## Gancer June 22-July 22 Life

rying about things that may never happen. Wake up to the fact that this is not a dress revou do that will make a difference in the world?

may not approve of some of the things you do, but that's be the one who tries something out of the ordinary.

Words come easily to you but they could also work against to trick people into believing things that aren't true. Why

is too short to waste time worhearsal — this is life. What can

their problem. Be true to who you are and don't be afraid to

## MP **Virgo** Aug. 24- Sept. 22

you, especially if you use them risk making enemies?

have a lot to do today and if others can't keep up with your relentless pace, that's too bad. There are times you have to get on with life and ignore everything and everyone else.

## M Scorpio Oct. 24-Nov. 22 Because there have been some difficult aspects over the past few days, you may be struggling to see what there is to smile about. There's plenty. For example, why not get working

## → Sagittarius

Nov. 23-Dec. 21 You'll make efforts above and beyond the call of duty today but they'll be worth it in the long term. Your future looks very rosy, but you must stick with your action plan.

on your big summer plans?

## り Capricorn Dec. 22-Jan. 20

you do business with is hon-Don't give anyone the authority to make decisions for you. That's asking for trouble.

## Aquarius Jan. 21-Feb. 18 If you come on too strong today, whose friendship would have been good for you. Watch

## H Pisces Feb. 19-March 20 It may seem like someone is make life difficult for you but most likely you're overreacting. Don't say or do anything

It'd be nice to believe everyone est, but you know it's not true.

## you could scare away someone what you say and, more importantly, watch how you say it.

## going out of his or her way to that may start an unnecessary feud today. SALLY BROMPTON



Michele McDougall BREAKFA

Weather Specialist
"My favourite part is reporting the

weather. It fascinates me, and as we know around here, it's always

changing, keeping forecasters on their toes". WEEKDAYS 6AM

You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro





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